



## Chinese Cabbage and Bok Choy

### DID YOU KNOW?

Turnips, Chinese cabbage, and bok choy are all the same plant species.



turnip

Mediterranean Sea

Around the Mediterranean, ancient farmers saved seeds from the plants with the largest roots. They wanted plants with large roots that could be stored for winter. In ancient China, farmers saved seeds from the plants with the fleshiest stems and leaves. After hundreds of years of selecting seeds, the species evolved into the turnip in the Mediterranean and Chinese cabbage and bok choy in China.



Chinese cabbage

CHINA

bok choy

### CLASSIFYING CHINESE CABBAGE AND BOK CHOY

#### FAMILY

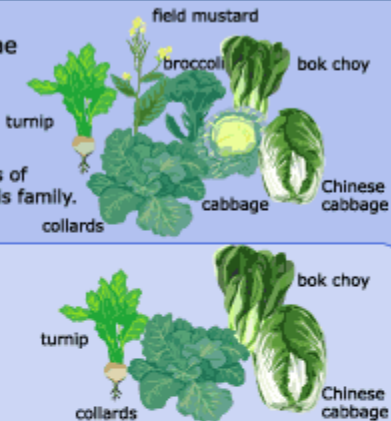
Cruciferae or Brassicaceae  
(mustard family)

There are about 3,000 species of herbs, shrubs, and trees in this family.

#### GENUS

*Brassica*

In Latin, this means  
"like cabbage."



#### SPECIES

*rapa*

There are many varieties of this species, including:



turnip

*B. rapa* variety *rapa*



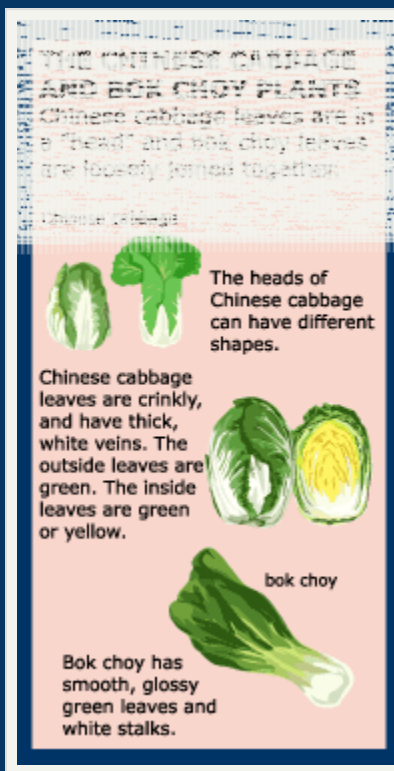
bok choy

*B. rapa*  
variety *chinensis*



Chinese cabbage

*B. rapa*  
variety *pekinensis*



## GROWING AND HARVESTING CHINESE CABBAGE AND BOK CHOY

These plants do best when the weather is cool and the days are short. If days are long or temperatures too hot or too cold, then flowers form instead of leaves. In areas with cold winters and hot summers, plant in the late summer and fall. In areas with cool or warm winters, plant in winter.

It's fall, so I can finally plant my bok choy. I'm going to grow some from seeds and some from transplants.



These plants like a rich, moist, loamy soil.

### USES

The leaves of bok choy and Chinese cabbage are crisp and have a mild flavor. They can be used in salads, stir-fries, and soups.



Source URL: <http://www.usbg.gov/chinese-cabbage-and-bok-choy>